



Cumberland County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Cumberland County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Cumberland County School System that includes:

- School Health Advisory Committee
- Twelve Healthy School Teams
- School Health Policies reviewed and/or strengthened to include head lice, bullying, and harassment issues for students and staff.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals over \$100,000.

Community partnerships have been formed to address school health issues. Current partners include:

- Cumberland County Wellness Complex
- Well Child, Inc.
- Cumberland Health Council
- Upper Cumberland Regional Health Council
- Upper Cumberland CSH and TTU
- Cumberland Medical Center
- U.T. Extension Office
- Cumberland County Youth Center
- Cumberland County TAD Center
- Cumberland County Department of Health
- Wal Mart
- Kroger
- Curves
- Tennessee Technological University
- Lion's Club
- American Cancer Society
- American Heart Association
- House of Hope
- Bread Of Life Homeless Shelter
- First United Methodist Church
- Cumberland Mountain Mental Health
- Palace Theatre

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as health council involvement, Festival of Movement events, BMI screenings, hearing and vision screenings, and supporting healthy habits at home. Currently, 12 parents are collaborating with CSH.

Students have been engaged in CSH activities such as taking pictures for publications, assisting with BMI screenings, and speaking out for cessation programs and efforts. Approximately 46 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Cumberland County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers 3,047 screened and 136 referred;

Students have been seen by a school nurse and returned to class approximately 10,425 students went to the school nurse and less than 200 were sent home;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Comparing 2007 BMI to the same group of students in 2009, BMI decreased significantly as follows:

School	2007 BMI	2009 BMI
Brown	17%	8%
Crab Orchard	22%	16%
North	20%	18%
Pineview	24%	20%
South	18%	16%
Stone	16%	14%

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include rock climbing walls, Dance, Dance Revolution, WiiFit systems, walking trails, pedometers, physical activity equipment such as jump ropes, and other age and class appropriate PE/PE materials;

Professional development has been provided to guidance counselors, physical education teachers, nurses, principals and grade level teachers. Examples include: TTU summer workshops, local PE staff meetings, bullying prevention training, the development of a Safety

Committee to address bullying and harassment issues, RHAT conferences, Brain Gym, Outdoor Education, and TAPHERD;

School faculty and staff have received support for their own well-being through Scan Specialist Health Screenings, flu vaccinations made available on location and the creation of two staff and student exercise rooms on school site.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – BMI and Fit Testing with notes to parents, mile run goal setting and reward incentives, school nurse assists individual student health needs, hygiene intervention, bullying prevention program;
- Physical Education/Physical Activity Interventions – advisory periods and special area session increased focus on PA/PE, adjusted PE schedules to increase middle school students PE time, before and after school programs increase of PA/PE time with students, minimum of 45 minutes of comprehensive education for elementary school students;
- Nutrition Interventions – before and after school programs included nutritional cooking classes to students and parents, schools offered cooking and nutritional classes from the cafeteria, posters and flyers are made available, distributed, and shared in high traffic areas such as the community board, cafeteria, nurse station, and hallways, increased collaboration with food supervisor , five schools received the Fresh Fruit and Veggies grant;
- Mental Health/Behavioral Health Interventions – continued referrals and support through local mental health agencies.

In such a short time, CSH in the Cumberland County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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